

Potato Salad¹⁵

Number of Servings: 15 (140.34 g per serving)

Amount	Measure	Ingredient
3.00	lb	Potatoes, ckd in skin, peeled, unsalted, diced
2 1/2	Tbs	Oil, canola, salad & cooking industrial
2 1/2	Tbs	Vinegar, cider
1 1/8	tsp	Juice, lemon, cnd/btl
1.00	Tbs	Mustard, yellow, prep
3 3/4	tsp	Sugar
1 1/8	tsp	Salt, table
5.00	ea	Eggs, hard bld, lrg
1 1/3	cup	Celery, fresh, diced
6 1/2	Tbs	Onion, white, fresh, chpd
3/8	tsp	Spice, pepper, black
1/2	cup	Mayonnaise, light
2 1/2	Tbs	Relish, pickle, sweet

Nutrients per serving

Nutrition Facts	
Serving Size (140g)	
Servings Per Container	
Amount Per Serving	
Calories 160	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 75mg	25%
Sodium 300mg	13%
Total Carbohydrate 22g	7%
Dietary Fiber 2g	8%
Sugars 3g	
Protein 4g	
Vitamin A 4%	Vitamin C 20%
Calcium 2%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Notes

* 12# AP Potatoes = 10# EP

Potentially Hazardous Food. Food Safety Standards: Store and serve at 40 degrees or below.

Cook potatoes until tender. Dice while warm. Make a marinade of oil, vinegar, lemon juice and seasonings. Add to warm potatoes and mix gently. Marinate until cold, storing at 36-39 degrees F overnight.

Add eggs, celery, relish, onion and pepper to marinated potatoes. Mix lightly.

Add chilled mayonnaise. Mix carefully to blend. Chill at least 1 hour before serving. Serve with #8 scoop.

1 serving = 1/2 c

1 serving = 22 g carbohydrate = 1 1/2 Carb Serv